



## HIKING HOLIDAY IN THE NATURE PARKS OF THE DOLOMITES - UNESCO WORLD NATURAL HERITAGE

self-guided tour  
7 days / 6 nights



## DESCRIPTION

This hiking tour leads through three language areas and their related cultures: starting in the German-speaking Hochpustertal, it continues going through the Ladin-speaking Fanes and lastly in the south of the Passo Falzarego, where the Italian language finally dominates. In addition to the visible traces of the former so-called Alpenfront (Alps Front) which can be seen in an open-air museum, this hiking path offers the possibility to meet this magical world in all its facets: extraordinary picturesque beauty, magnificent views, stunning peaks and wonderful walks. A true paradise and an exciting adventure for people who love the mountains!

## CHARACTERISTICS OF THE ROUTE

The hiking route runs along marked mountain paths and hiking trails. The tour is suitable for anyone in good basic physical condition. Climbing experiences are not necessary!

This hiking tour is suitable for children from the age of 16.

## **A DAY BY DAY ACCOUNT OF THE ROUTE**

### **DAY 1: Arrival in Hochpustertal (Niederdorf/Villabassa or Toblach/Dobbiaco)**

Individual arrival at the hotel in Hochpustertal. Free, unguarded public car park near the hotel.

### **DAY 2: Lake Pragser Wildsee – San Vigilio/St. Vigil ascent approx. 775 m, descent approx. 1.075 m / approx. 5-6 hours**

Starting at the pearl of the Dolomite lakes, the lake Pragser Wildsee (1.494 m), you hike through the romantic area of the nature park Fanes-Sennes-Prags which is one of the largest protected areas of South Tyrol. In the shade of the impressive mountain massif Seekofel you will reach the high alpine pasture Fojedöra. Stop and enjoy the homemade bread and the tasty alpine cheese. Through the lonely high valley you hike past the lake Hochalpensee and finally reach the highest point. Far down in the valley you can already see the villages of the Gadertal.

### **DAY 3: San Vigilio/St. Vigil - Badia/Abtei ascent approx. 1.150 m, descent approx. 950 m / approx. 5.5-6.5 hours**

The cable car Piz de Plaies takes you from San Vigilio to the starting point. The path leads through light woodland and meadows to Piz de Corn. The mountain Peitlerkofel is enthroned on the opposite side. You hike on to the saddle Ritjoch and cross the mountaineering village of La Val. The mighty flanks of the mountain Heiligkreuzkofel are always in view. At the foot of the peaks Neuner and Zehnerspitze you reach the shelter Heiligkreuz. After a short descent you take the cable car to Badia.

### **DAY 4: Badia/Abtei - San Cassiano/St. Kassian ascent approx. 325 m, descent approx. 550 m / approx. 3.5-4.5 hours**

The cable car takes you back up to the pretty alpine huts above Badia/Abtei. The view invites you to linger: the peaks of Sella, Puezgruppe, Peitlerkofel and Kreuzkofel seem close enough to touch. Through thinning larch and fir forests you hike in the direction of St. Cassiano. On the way you will cross so-called „Viles“, as the original settlements of the Gadertal are called.

### **DAY 5: San Cassiano/St. Kassian - Passo Falzarego/Pocol ascent approx. 1.050 m, descent approx. 625 m / approx. 5-6 hours**

From the hotel you start today's hiking trip. At first, the path continues comfortably along the valley floor to the Capanna Alpina. In the shade of the majestic peaks of Fanes and Conturines, follow the signs to the Scottoni refuge. From here the path goes through a rocky gorge that leads to one of the pearls of Alta Badia/Abtei: Lake Lagazuoi. It is a small, crystal-clear mountain lake at the foot of the Scottoni peak, whose waters reflect the bizarre peaks of the Fanes Dolomites. You hike along the Dolomite High Trail to the saddle of mountain massiv Lagazuoi. If you wish, you can follow the serpentine road to the refuge or summit. The descent leads via forcella Travenanzes to the passo Falzarego. It is possible to take the cable car directly from the summit to the pass (included in the price).

### **DAY 6: Passo Falzarego/Pocol – Cortina d` Ampezzo ascent approx. 450 m, descent approx. 1.275 m / approx. 5-6 hours**

Below the mighty peaks of the Tofane you hike on the Dolomites high-level trail no. 9. Far below in the valley floor lies the picturesque village of Cortina d'Ampezzo. The venue of the 2026 Winter Olympics is surrounded by Dolomite peaks. The view of Monte Cristallo, Faloria, Sorapis, Croda dal Lago compensates for your efforts and forms a wonderful end to your hike. A shuttle takes you back to Hochpustertal.

### **DAY 7: Departure**

Individual departure or possibility to extend your stay.

## GENERAL INFORMATION:

- **Classification of the tour:** Self-guided tour
- **Duration:** 7 days / 6 nights
- **Starting point:** Hochpustertal (Niederdorf/Villabassa or Toblach/Dobbiaco)
- **Arrival:**

By car: on the motorway Brenner/Brennero (A22) to Brixen/Bressanone – take the exit “Brixen-Pustertal”, then along the valley Pustertal/Valle Pusteria (SS49) to Niederdorf/Villabassa or Toblach/Dobbiaco, depending on the location of your hotel or drive along the Felbertauernstraße to Lienz in Eastern Tyrol (Austria) and then further into Italy through the valley Pustertal/Valle Pusteria to Toblach/Dobbiaco or Niederdorf/Villabassa, depending on the location of your hotel.

By train: Take the train from Innsbruck over the Brenner/Brennero to Franzensfeste/Fortezza. Change trains for the Pustertal/Valle Pusteria - Lienz and get off either at Niederdorf/Villabassa or Toblach/Dobbiaco depending on the location of your hotel. Timetable available on: [www.deutschebahn.de](http://www.deutschebahn.de), [www.oebb.at](http://www.oebb.at), [www.trenitalia.com](http://www.trenitalia.com).

By plane: Low cost flights are available to Innsbruck airport, Sant’ Angelo - Antonio Canova airport in Treviso and/or to the Marco Polo airport in Venice. On request, we can organise transfers from the airport to the starting point of the cycle tour.
- **Accommodation:** Hotels 3\*\*\* and 4\*\*\*\* category; One overnight stay in a mountain guesthouse with half board  
Attention: Tourist tax – if requested – has to be paid on the spot.
- **Parking:** Free and unguarded parking facilities for the duration of the bicycle tour at a nearby public parking area.

## INCLUDED SERVICES

- Accommodation in hotels 3\*\*\* and 4\*\*\*\* category
- One overnight stay in a mountain guesthouse with half board
- Breakfast buffet or full breakfast
- Personal tour information
- Luggage transfer from hotel to hotel
- Tickets for transfers according to the program (cable-car and bus)
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour

## NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner (if not booked)
- Not mentioned entries
- travel insurance
- All not expressly mentioned under the item „Included services“

## STARTING DATES 2020

<b>ARRIVAL</b>	every Sunday from 14/06/2020 to 27/06/2020 from 05/07/2020 to 26/07/2020 from 30/08/2020 to 27/09/2020
<b>NON SCHEDULE ARRIVAL DATES</b>	minimum of 5 persons upon request!

## PRICES 2020

### SELF-GUIDED TOUR

Package price per person in a double room incl. breakfast	€ 729.00
Single room surcharge, per person	€ 149.00

### EXTRA NIGHTS IN VILLABASSA/DOBBIACO

Per person and night in a double room, incl. breakfast in June/September	€ 59.00
Per person and night in a double room, incl. breakfast in July/August	€ 79.00
Single room surcharge, per night	€ 17.00

We suggest travel insurance.  
Changes in the offer as well as errors, printing errors and arithmetic errors reserved!